

DAILY WORD

UNITY PUBLICATION

NOVEMBER 1989



Pray with Silent Unity

PEACE . . . Let liberty, justice, righteousness, and peace be established throughout the world, in the name of the Lord Jesus Christ.

PRAYER FOR WORLD LEADERS: Through the Christ Mind you are unified in thought, purpose, and understanding, and inspired to right action for the good of all mankind.

•

PRAYER FOR ILLUMINATION: I give thanks for divine wisdom. I listen and am alert to its guidance. My way is made clear.

•

PRAYER FOR PROSPERITY: I give thanks for prosperity, and it manifests in my life as abundant supply.

•

PRAYER FOR HEALING: I give thanks for health and perfection, and they appear as wholeness of mind and body.

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DAILY WORD

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LOWELL FILLMORE'S

Christmas Message

Greetings to Unity Friends Everywhere!

Because Christmas will soon be here I have an idea that can help us celebrate Christmas in a special way, and I am inviting you to join us in putting it into operation.

Many of you, I know, received Unity literature first because someone gave it to you and you are blessing that person now for his gift. The Unity work has grown through such gift subscriptions.

For Christmas this year will you help Unity reach a million more people? Will you share your good by sending gift subscriptions to others? Blessing and sharing your blessings will increase them, and if through your help we can send Unity literature to many new people this year who need spiritual help, it will hasten the day of world peace. These subscriptions may

be sent as a personal gift from you, or anonymously as from an unknown friend. Both the first issue and the Christmas gift announcement will be mailed at the proper time, just before Christmas.

To co-operate with you in this project, Unity is offering a special introductory gift price so that you can send gift subscriptions to new people for \$1 a year.

Will you join your faith and works with ours and help us do this service in co-operation, to celebrate a most joyous, rich, and inspiring Christmas and also bless this 70th anniversary of the Unity work? God bless you!

Sincerely,

Lowell Fillmore

Lowell Fillmore
President of Unity

SPECIAL INTRODUCTORY OFFER

(For all Unity Periodicals except *Wee Wisdom*)

**Christmas gifts to NEW friends
\$1 a year**

The Leaven of Life

NORMAN V. OLSSON

PRAISE IS TO life what yeast is to bread. Praise is the leaven of life. Praise uplifts all life. Praise expands and magnifies the good when we give our heart to its song.

Xenophon, the great Athenian historian, wrote, "The sweetest of all sounds is praise." Thanksgiving speaks through praise. The Psalmist knew this when he said:

"Enter into his gates with thanksgiving,
And into his courts with praise."

Some years ago I had an experience that taught me why thanksgiving must speak through praise. I was helping an elderly couple from time to time. The wife, Mrs. Garmon, took in washings to supplement the small pension they received from the state, and with almost incredible energy she gave her invalid husband the loving care he needed. I had been graduated from high school and I was earning a reasonably good salary for a young man, so in addition to helping the Garmons around their house I would buy a ton of coal when it was needed, and I provided a few other things they would otherwise have lacked.

They were thankful for my help, and I was

thankful that I could be of help to them. But it was difficult for me to see any happiness or hope in their lives. Then there came a time when I realized that they had joys and blessings which sustained them no matter how desperate their situation seemed to be. And I felt a great desire to add to and to share in these joys and blessings.

As Thanksgiving Day drew near I asked Mrs. Garmon if I could supply the groceries for dinner and if I could share the holiday with them. She lovingly agreed, and it was indeed a happy occasion. The joy and the thoughtfulness of this wonderful woman filled their home with song. Her husband was strengthened and spoke with more interest and enthusiasm than he had for years. The meal was simple, well-prepared, and tasty. But the real joy came out of our mutual praise of one another, and out of our feeling of oneness. From that time on we enjoyed a relationship that was rich in the spirit of sharing.

This experience taught me that the enduring gift of life is praise, and it often sings its "sweetest of all sounds" when I least expect it. This experience taught me, also, that I cannot give or receive of life until I lift my heart with praise. Praise is truly the leaven of life.

To increase our health, supply, wisdom, joy, harmony, and good we must praise the health,

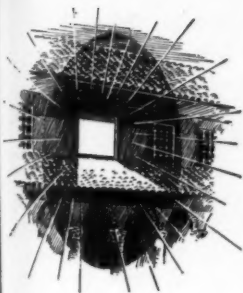
supply, wisdom, joy, harmony, and good that we now have. The more we give thanks, the more we come to realize the leavening power of praise.

I have even found a blessing in praising and in giving thanks for what seemed at the time a rather bitter experience. As I praised and blessed what appeared to be failure, I discovered I had learned the way to success.

Praise glorifies, praise magnifies, praise expands the perfect life and the infinite supply of God. Praise is doing its quickening work even when we think nothing is happening. Praise renews, restores, and perfects the body by stimulating the expression of divine life in every atom and cell of the body. Praise joyously calls forth our God-likeness into manifestation.

Praise prepares our mind for new ideas. Praise opens a way where there seems to be no way. Praise prospers the man who makes it an effective part of his prayer. Praise joyously calls forth and gives form to the substance of God.

Praise adds to our consciousness of God's perfect life and infinite substance. Praise raises our physical, material, and spiritual standard. Praise increases our appreciation for people and for things. Praise is the power of the heart to lift us into more abundant living. As we sing praises to God we find that praise is truly the leaven of life.



When a Light Shines

IF YOU WERE set down in a strange country on a very dark night, you might find it difficult to identify your surroundings. Perhaps things, that could and would prove helpful in the light of day, would seem like obstacles in the dark. Perhaps those things that might prove a danger to you would appear inviting. But when a light shines for you, you are able to recognize that which is good, that which is beautiful, and that which is helpful. At the same moment, the light that shines for you reveals that which is not good, that which is not beautiful, and that which is not helpful.

And there is a light that shines for you! It shines whether you know it or not, whether you need it or not. The light that shines for you shines not only in a room in a building in Unity Village, Lee's Summit, Missouri, in the Heart of America, but the light shines in the hearts of all those who serve in Silent Unity where this room is located.

The light that shines for you clarifies your

vision, and you find yourself saying: "I see. I am a child of God." "I see. God is good." "I see. I am meant to be whole in mind and in body." "I see. I am kept in God's love and provided for by His substance." "I see. God is here, God is everywhere."

The nurse's aid, who shares her DAILY WORD with her patients, knows that there is a light that shines for her and for the people who are in need of healing.

The office worker who introduces Truth ideas to his co-workers—inspiring with new faith a woman whose husband is on the verge of losing his position, and bringing peace of mind to the friend threatened with a dreaded disease—knows that there is a light that shines for him and for these co-workers.

The reader, of Moslem belief, who finds in the affirmative prayer and the affirmative approach of Unity, a satisfying answer to his needs, knows that there is a light that shines for him though hundreds of miles separate him from any physical aspect of that light.

The eighty-three year old friend who writes, "The souls of us are ageless," knows that there is a light that shines for him.

The teacher, in far-off Alaska, who prepares herself for her day's teaching with her DAILY

WORD prayer, knows that there is a light that shines for her and for these Eskimo children.

Your name and your need may be listed in the Silent Unity prayer room. But whether your name is here, whether your need is known, even as you turn in thought to this light that shines for you, you are uniting with those who are praying in the radiance of this light.

If you have written, if you have telegraphed, if you have telephoned, if you have cabled Silent Unity, the light is shining for you. If this is the first time you have heard or known of this prayer group, you may turn right now to your Father-God and feel that because you pray and we pray, our prayers are one, we are one, and the light is shining for you.

When a letter from you is received, when it is read, the light that shines for you helps us to see you as God sees you, healthy, happy, wise, loving, prosperous, and free. The light that shines for you helps us to understand your need, and what is even more important, it helps us to know that your need is met.

When our telephone rings, even before the worker picks up the phone to say, "This is Silent Unity," he sends forth a prayer for you who are making the call. God knows your need. Your expressed desire for help lets the light that shines

for you reveal the answer to your problems.

The light that is shining in a building in Unity Village, the light that is shining in the hearts of those who serve in the name of Silent Unity, shines that the good, the beautiful, and the helpful may be revealed. This light shines so that there need be no "strange country" for you, and no "dark night" need ever fall. This light shines so that man will find his way—you will find God's way. This light shines so that in each heart there is echoed this psalm of praise:

"He maketh me to lie down in green pastures;
He leadeth me beside still waters.
He restoreth my soul:
He guideth me in the paths of righteousness for
his name's sake."

**TO HELP SPEED YOUR CHRISTMAS
UNITY LITERATURE ORDERS:**

1. Mail your order NOW. (During the busy Christmas season several weeks are required for an order to be filled and reach its destination.)
2. Give the COMPLETE NAME AND ADDRESS of EACH person to whom you wish literature sent.
3. Be sure to NAME THE MAGAZINE OR BOOK you wish sent to each person.

By following these suggestions and blessing each order you send you will help us to give you prompt service. THANK YOU.



The following are excerpts from letters written to DAILY WORD. We in Silent Unity wish to thank all of you, our readers, for the letters you write us, for your words of blessing and appreciation. We wish to thank you, too, for the way in which you live with and use DAILY WORD and for the ways in which you pass it and the Unity teaching along to others. We feel a sense of oneness with you, and we rejoice that the circle of our friends is growing larger day by day.

From Wisconsin:

Just about a year ago I was released from the hospital with the prediction from four doctors that I had only ninety days to live and would never walk without a crutch.

All the while I was in the hospital my DAILY WORD was my constant companion and with your suggested prayer at the time, I read and prayed for guidance, health, and faith.

The answer came. Within a week I decided against the operation on the brain. Within a week I was walking around the house and within three weeks my marriage which I had postponed because of my illness, took place.

I have had many checkups and the doctors are all amazed and say they cannot believe the miracle which took place. I can! It was faith in God.

From California:

Bless you again for the good you do, and I am so grateful to the friend who started me on DAILY WORD eleven years ago. I have had the joy of sending it to other friends who also find it a favorite and constant companion. It has deepened my understanding and helped me over many a rough spot. I clung to it during a very low one nearly three years ago when I felt I had hit bottom. Determined to find help—I did! And with the help came a new sense of achievement and strength for which I am daily grateful.

YOU CAN REACH SILENT UNITY

by telegraph, Unity, WUX, Kansas City, Missouri;
by telephone, Baltimore 1-4720, Kansas City,
Missouri; or by letter to Silent Unity, Lee's Summit, Missouri.

Sunday

FATHER, THY WILL BE DONE.

ONE OF the most freeing steps we can take in overcoming any condition is to pray, "Father, Thy will be done." This is not a prayer of resignation but a prayer of faith, a prayer of rejoicing. When we let go of our human attempts to solve problems, to bring about healing, to force change in the outer, and are willing to let God's will be done in and through us, we feel a great sense of relief. We feel as though weights had been lifted from our shoulders.

God's will for us is totally good. It includes all that we hope or pray for, and infinitely more. God's will for us is the expression and the expansion of His own Spirit in us. His will for us is life and health and strength. His will for us is freedom and joy of heart. His will for us is a clear, unclouded mind, with the ability to see through and past appearances.

Let us make this the first and last prayer of our heart and soul, whatever our needs, whatever our longing: "Father, Thy will be done."

♣ *Thy will be done, as in heaven, so on earth.*—MATT. 6:10.

Monday

NOVEMBER 2

THE HOLY SPIRIT COMFORTS ME.

MANY MARVELOUS words of comfort from the Bible rise in our mind like beacons of light and courage and faith when we need them.

There are the beautiful words of Isaiah, "to comfort all that mourn . . . to give unto them a garland for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they may be called trees of righteousness, the planting of Jehovah, that he may be glorified."

There are the comforting and strengthening words of Jesus, "Blessed are they that mourn: for they shall be comforted." And "Let not your heart be troubled: believe in God, believe also in me. In my Father's house are many mansions; if it were not so, I would have told you . . . And I will pray the Father, and he shall give you another Comforter, that he may be with you for ever, *even* the Spirit of truth . . . Let not your heart be troubled, neither let it be fearful." "Lo, I am with you always, even unto the end of the world."

♣ *Blessed are they that mourn: for they shall be comforted.*—MATT. 5:4.

Tuesday

THERE IS A LIGHT THAT SHINES FOR ME.

THERE is a light that shines at the heart of man. This light is the Christ light. It is not a light that can be turned off and on, it is a perpetual light. It is true that sometimes men close their eyes to this light, and then they feel that they are in the dark. But the light of Christ never flickers, falters, or fails. The light of Christ is steady, strong, and steadfast.

If I have questions that need answering, if I have problems to solve, or if I am called on to take part in an activity which requires special insight and understanding, I use today's statement for myself. If I know of some other person who needs illumination, or of some group of persons who need illumination, I use today's statement for them.

When I declare, "There is a light that shines for me," it is easier to keep my spiritual sight concentrated on the light of Christ. When I declare for others, "There is a light that shines for you," I am, through this Christ light, helping to quicken them to a knowledge of their own light.

♣ *There was the true light, even the light which lighteth every man.*—JOHN 1:9.

Wednesday

NOVEMBER 4

I PRAY FOR OTHERS IN A SPIRIT OF LOVE AND
WITH A TRANSCENDENT FAITH.

THE BEST way we can help another person through prayer is to lift up our thought about him and see the Spirit of God in him. When we do this we are able to look beyond the need and see the perfect answer that is already within him. For God's presence and power are within him! Our prayers that keep faith with the perfect self of the one for whom we pray are prayers that truly bless, prayers that quicken and call forth his spiritual nature.

When we are close to someone in need, it is not always easy to lift our vision above the problem; it is not always easy to remain free from emotional involvement in his distress. But the love and compassion we feel for other persons can be transmuted from emotional feeling to spiritual power as we pray. Spiritually quickened love and compassion radiate a powerful force for healing and blessing. As we pray in a spirit of love and with a transcendent faith, we pray effectively for others.

♣ *And I, if I be lifted up . . . will draw all men unto myself.*—JOHN 12:32.

I AM THE EVER-RENEWING, EVER-UNFOLDING
EXPRESSION OF LIFE AND YOUTH.

WHEN YOU speak the words of today's statement, does your body tingle with joy? It should! You should feel your words, be conscious of their meaning, if you are to gain from your words the wonderful and powerful blessing they hold.

All of us want to be fresh and vigorous, all of us want our body rebuilt and restored, and that is what we declare for ourselves when we speak this word of "ever-renewing life and youth." All of us want to expand and to grow; all of us want to develop our Christ qualities and reveal our Christ perfection. This is what we declare for ourselves when we speak this word of "ever-unfolding life and youth."

You are not speaking these words to make them true. You are speaking them because they are true. You may somehow and to some degree have forgotten their truth, so now you are calling them to memory. When you speak these words and feel the blessing of their meaning, you are coming into agreement with a truth about yourself.

♣ *Thy youth is renewed like the eagle.*—PSALMS 103:5.

Friday

NOVEMBER 6

I GIVE GOD THE GIFT OF MY ATTENTION.

GOD IS good to us, and He gives us many wonderful gifts. He gives us air to breathe, water to drink and to use, the beauties of nature to enjoy, physical bodies to express through, and He gives us the greatest gift of all—the gift of His Spirit, which He has placed within us. In return, let us give God the gift of our attention.

We do not have to be sitting down in a certain position in order to give our attention to God. We can give Him our attention as we perform our daily tasks, as we drive to our work, as we wait on customers, as we serve in whatever way we are called on to serve.

We give our attention to God by dwelling on the good instead of the negative aspects of life. When we look for the good and the beautiful we find the good and the beautiful. When we look for the goodness of God in every person, we find that goodness.

As we give God the gift of our attention, we become ever more aware of our oneness with Him.

♣ *Neglect not the gift that is in thee.—I TIM. 4:14.*

NOVEMBER 7

Saturday

I TRUST GOD'S LAW OF LOVE AND JUSTICE TO OPERATE IN MY LIFE AND AFFAIRS AND TO SECURE ME IN THAT WHICH IS MY OWN.

THERE IS a divine law of justice moving in and through all life. On the surface there may seem to be injustice, but at the spiritual level this injustice is canceled out by the goodness and love of God.

I place my trust in the divine law of justice, and because I do I am able to remain poised and undismayed in the face of injustice. I know that God is love and that He is justice and I know that His law of good is operating in me and in all that concerns me. This law of good shapes all circumstances and conditions toward good ends and brings about that which is for the greatest blessing of all. I do not limit my good by feeling that it can be limited. I do not stand in the way of divine justice by believing that injustice can endure. I look deep into the spiritual law and I keep my faith centered in this law. God is good and His law of love and justice rules my life. I am secure and blessed and I attract to myself that which is my own.

♣ *The law of Jehovah is perfect.*—PSALMS 19:7.

Sunday

NOVEMBER 8

IN THE NAME OF JESUS CHRIST I AM HEALTHY, I AM HAPPY, I AM SUCCESSFUL.

TO PRAY in the name of Jesus Christ is the most powerful form of prayer. To pray in the name of Jesus Christ is to pray after the manner in which Jesus prayed. Jesus' prayer was always a prayer of acknowledgment of the fatherhood of God, a prayer of faith, a prayer of thanksgiving.

I begin now to pray in the name of Jesus Christ. I pray in the manner in which Jesus prayed. I acknowledge God as my Father; I pray with faith and thanksgiving.

In the name of Jesus Christ I am healthy. I feel new life manifesting in me this moment. I am strong, vital, free, perfect.

In the name of Jesus Christ I am joyous. I am filled with joy. I express joy. I radiate joy to everyone I meet.

In the name of Jesus Christ I am prosperous and successful. The rich ideas that I need now flow in unlimited measure into my mind from the mind of God, and I use these ideas.

♣ *Whatsoever ye shall ask the Father in my name, he will give it you.*—JOHN 16:23 (A.V.).

NOVEMBER 9

Monday

I AM NOT BOUND IN PERSONAL CONSCIOUSNESS. I AM FREE WITH THE FREEDOM OF SPIRIT.

WHEN WE are free with the freedom of Spirit we are able to love other persons dearly, to appreciate and understand them. But we are also able to stand clear, as it were, and to see ourselves and them as free in God. We do not try to bind them to us, we do not try to possess them, we do not try to fit them into a mold of our making.

As we become free with the freedom of Spirit, we find new joy in life and in our personal relations with others. We are able to rise above troubled emotional states, we are able to let go of preconceived ideas, we are able to release any unhappiness caused by the words or action of other persons. When we decide and declare for ourselves that we are not bound in personal consciousness, we find we are no longer disturbed or distressed. We are able to lift our thoughts to God and feel the freedom of Spirit. We are able to trust God's Spirit in ourselves and in others.

♣ *Whatsoever thou shalt loose on earth shall be loosed in heaven.*—MATT. 16:19.

Tuesday

NOVEMBER 10

I ACCEPT, I EXPECT, AND I EXPERIENCE PERFECT HEALTH.

I ACCEPT perfect health. I accept, without reservation, the truth that perfect, radiant health is a part of my heritage as a child of God. I discard whatever limiting thoughts have lingered in my mind. I keep my mind open to thoughts of perfect health.

I expect perfect health. I look for signs of health, of well-being, of smooth functioning of every organ and part of my body. My expectation of health strengthens my faith, so that I know there is no foundation for any belief in contagion. I bless my body for the wonderful work it does. I praise and give thanks to God for His creation of my perfect body.

I experience perfect health. I experience the delight, the freedom, the ease of living that attend perfect health. My mind is so quickened that I treat my body with proper respect; I give it the rest, exercise, food, and care that contribute to perfect health.

I accept, I expect, and I experience perfect health.

♣ *I am Jehovah that healeth thee.*—EXOD. 15:26.

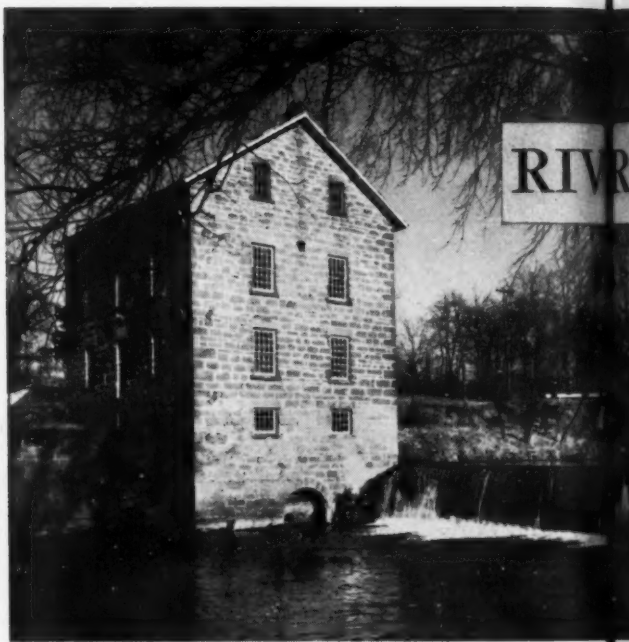
"MY PEACE I GIVE UNTO YOU . . . LET NOT
YOUR HEART BE TROUBLED."

I BEGIN THIS DAY with Jesus' words to comfort and bless me, and give me peace of mind. No matter where I am, no matter what I need to do, no matter what the conditions in the world are, I rely on the peace that God has given me to keep my heart untroubled and my mind serene. In this way I bless my world with peace and I contribute to the peace of the whole world.

God is the Father of every person, everywhere. Through His son, Jesus, He is making all His sons this promise: "My peace I give unto you." And we in turn can give this peace to others through our prayers and our blessings. Each of us who reads this lesson and accepts this promise for himself is doing something important toward the establishment of peace on earth. For peace begins in the hearts and in the minds of men.

Prayer reaches from heart to heart, across man-made boundaries, past language differences. As we pray for and accept God's peace, we are helping to establish peace and to keep peace.

♣ *My peace I give unto you . . . Let not your heart be troubled.*—JOHN 14:27.



ELIZABETH
LANDEWEER

Under the bracken and the thorn,
I saw a small brook, newly born—
A rill of water crystal clear,
As limpid as a baby's tear.
I saw it crawl past cress and fern,
And inch its way around a turn,
Then gather strength beneath the sun,
To make its first small joyful run,
And kick a pebble with its toe,
Then racing on, I saw it grow
Into a river broad and deep
With power and purpose in its sweep,
And with a continent to span.

As with a river, so with man—
Although born tiny, frail, and weak,
We soon discover how to seek
A power greater than our own,
And finding we are not alone,
Our hearts join forces in the flood
Of universal brotherhood,
Become a channel of God's will,
And growing broader, deeper still,
Our soul wins on across the bars,
And builds a delta to the stars.

Thursday

NOVEMBER 12

I BELIEVE IN THE LOVING, FORGIVING SPIRIT OF CHRIST IN ME AND IN OTHERS.

I REFUSE to carry about with me any resentment, any bitterness, any unforgiving thought. I let all such thoughts go now by opening my mind and heart and life to the forgiving, freeing love of Jesus Christ. I know that in this love that is poured out upon me there is forgiveness. I know that because His Spirit lives and finds expression through me forgiveness is possible to me and through me. I am forgiven. I forgive. Thus is the law of love fulfilled in me; thus am I set free and healed.

I find that I can keep my mind and heart clear from unwanted or unloving thoughts by making the act of forgiveness a constant part of my prayer. I release myself and others from condemnation by praying for and believing in the forgiving, freeing Spirit of Christ in my heart and in the hearts of all. This Spirit of Christ makes me loving and kind.

✦ *Bless the LORD, O my soul . . . who forgiveth all thine iniquities; who healeth all thy diseases . . . who crowneth thee with lovingkindness and tender mercies.*
—PSALMS 103:2-4 (A.V.).

NOVEMBER 13

Friday

I KNOW THAT THERE IS NOTHING TO FEAR.

ALL OF us would like to be completely free from foolish fears. We feel that in most ways we are fearless, at the same time being alert and conscious of the need to use care and good judgment. But, we want to let go of the fears that have no foundation, the fears too foolish to mention, the fears we are tempted to laugh about.

But how do we overcome these fears? Do we just lock them in some compartment of our mind and pretend we do not have them? Do we talk about them and try to dissipate them by sharing them with other persons? These are not wise ways to handle the problem. But there is a way, a right and good way to rid ourselves of fears. We can look at them honestly with our reason, then we can pray about them. We can ask God to help us to understand ourselves, and to understand why we have chosen to let these particular things frighten us. We can ask Him to shed the light of His love into the dark places so that we have a clear, unclouded vision.

♣ *There were they in great fear, where no fear was.*
—PSALMS 53:5.

Saturday

NOVEMBER 14

THERE IS A PLACE FOR ME IN THIS WORLD
WHERE I CAN DO A GOOD WORK, USE MY
TALENTS, AND SERVE GOD.

THERE IS A place for you in this world. There is a definite work or service that needs you and your talents, exactly as you are at this moment.

Perhaps you say: "I am too old; the agencies will not take a man or a woman of my age." Dear one, the Lord is your employer. It is He who needs your talents. It is He who needs your hands, your voice, your faculties, and your abilities. He needs them to perform some work that He can perform only through you. No one else can do this work. And there is a special work for everyone, without exception.

Ask your Father to guide you to the place where He would have you serve. In the meantime, do whatever is before you to be done, and do it to the best of your ability. If you are faithful in little things, your right and perfect place of service will be shown to you, and you will be prospered and blessed.

♣ *Castings all your anxiety upon him, because he careth for you.—I PET. 5:7.*

Sunday

GOD HAS GIVEN ME A NEW HEART, AND HE HAS PUT A NEW SPIRIT WITHIN ME.

THROUGH THE power of God within me I am continually being made new. I rejoice in this renewing Spirit; I accept it; I believe in it.

I think of my heart as a new heart, a heart unburdened by unhappiness or regret, a heart free from cares or troubles of the past. I rejoice that my heart beats with the strong and steady love of God, that my heart is life-filled and life-giving. I think of my heart as a center of peace, love, and power.

I think of the new spirit that God has put within me, the spirit of faith, the spirit of joy, the spirit of courage, a spirit that cannot be cast down or dismayed by any happening, a spirit that knows no despair, no discouragement, no defeat. I rejoice that the spirit in me is God's own Spirit, and I am lifted up, inspired, and encouraged.

I let the old thoughts and feelings go. I am new in God, for He has given me a new heart and He has put a new spirit within me.

♣ *A new heart also will I give you, and a new spirit will I put within you.—EZEK. 36:26.*

Monday

NOVEMBER 16

I PRAY TO BE ALWAYS AN INFLUENCE FOR
GOOD.

WHETHER YOU realize it or not, you influence the lives of others by the attitudes of mind that you reflect. You can see, then, how important it is for you to keep uppermost in your mind thoughts that are constructive and positive. There may be times when you do not see how this is possible, but by turning to the Spirit of God within you, you will find that the necessary strength is given to you.

If you are a businessman, let your thoughts be of harmony, service, and success. If you are a teacher, let your thoughts be of patience, understanding, and perseverance. No matter what walk of life you travel, as you lift your thinking you will lift the thinking of the persons around you.

Your willingness to look for the good will serve as an example to others. Your co-operative, loving approach to life will lift and bless those who share your experiences. Your influence will be a good influence and contribute to a good world.

♣ *And I, if I be lifted up from the earth, will draw all men unto myself.*—JOHN 12:32.

Tuesday

MY LIFE AND AFFAIRS ARE BLESSED AND PROSPERED BY THE ALL-PROSPERING, ALL-GIVING SPIRIT OF GOD.

TO THINK of ourselves as impoverished, as limited, as bound to circumstances over which we have no control is to deny the power of God. How we think about ourselves and our affairs has a real and potent effect on them. If by our thoughts and our words we proclaim lack and limitation, we literally shut the door to the good that God has ready for us.

We can increase the prosperity idea in ourselves by remembering where our source is, by affirming that we live in the rich and abundant realm of God. The substance of God is in us and all about us, and we lay hold of it through opening our mind to God's rich ideas.

Let us think of ourselves as having a rich spirit, let us think of the substance of our life as spiritual, let us think of our affairs as blessed and prospered by the all-loving, all-giving Spirit of God in the midst of us.

♣ *I will . . . open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it.—MAL. 3:10.*

Wednesday

NOVEMBER 18

I REMEMBER MY DIVINE BEGINNING AND I
AM RESTORED TO WHOLENESS.

IN THE beginning God." As I meditate on these words, from the 1st chapter of Genesis, I realize that God is the creator of all that is. He completed His creation, then He called it good. I am part of that good creation.

If I am in pain, if I am ill, if some organ is not functioning properly, I remind myself: "In the beginning God." I say to my body: "You are perfect, whole, and filled with divine, pure, healing life. No imperfection can have power over you. God is the only creator, and anything unlike His perfection has no reality, for it has no source."

In faith I claim my oneness with the perfection of God, and I am lifted above pain, illness, and disorder into peace, healing, and order. I lay hold of the reality of my being and I am restored to wholeness.

I remember "In the beginning God" and I express the perfection planned for me from the beginning. I manifest the God-likeness that has been mine always.

♣ *And God said, Let us make man in our image, after our likeness.—GEN. 1:26.*

NOVEMBER 19

Thursday

I HAVE FAITH IN MY DIVINE SELF AND CONFIDENCE IN MY ABILITY TO DO ALL THINGS.

WHenever we are confronted with a difficult task, let us remind ourselves that we have within us the all-powerful Christ Spirit, which will carry us through any situation. When we remember this, it is impossible to feel inferior or inadequate. We relax and ideas as to how to proceed begin to flow freely into our mind.

If we are called on to make a speech for the first time, we step forward with faith and we speak with poise and confidence. If a friend has lost a loved one, we are given the words with which to comfort and bless him. If we are confronted with an examination, we are enabled to take it easily and calmly. If we have an important decision to make, we trust God for guidance to make the right decision, and then we act on this decision with faith.

No matter what we are called on to do, we have faith in our divine self and we have confidence in our ability to do all things.

♣ *I can do all things through Christ which strengtheneth me.*—PHIL. 4:13 (A.V.).

Friday

NOVEMBER 20

I WATCH THE WORDS THAT I SPEAK, FOR I
KNOW THEY ARE FILLED WITH THE POWER
TO BLESS.

I RECOGNIZE my power of speech as a wonderful way God gives me to express. I diligently guard my tongue so that the full power of my spoken word is put to work to do the will of God.

I watch my words. I am not led into idle talk of illness, imperfection, or suffering. I speak words of life, wholeness, freedom, and strength. I do not exchange stories of lack and poverty with my family or my friends. I speak words of plenty, order, success, and the right outworking of conditions. I do not discuss the lives and affairs of other persons in an unfavorable way. I talk of good accomplished and happiness attained. I am not negative about world conditions. I speak words of peace. I talk of the ways we can share with and help and bless the people of other nations.

I watch my words, for I know that they are filled with the power to bless.

*I said, I will take heed to my ways,
That I sin not with my tongue.*

—PSALMS 39:1.

NOVEMBER 21

Saturday

I SET GOD BEFORE ME THIS DAY TO GUIDE,
TO GOVERN, TO BLESS, AND TO PROTECT ME.

IN MAKING a change of any kind, I prepare the way ahead of me by sending good, positive, expectant thoughts ahead. If I am entering into some new field of work or service, I give thanks that God's presence goes before me, that already the way is prepared for an easy orientation.

If I am moving into a new home, I prepare the way by blessing the move, by knowing that my true home is in God, that He goes before me and blesses the portals of my home and brings His peace into every corner, into every room.

If I am going to new and unfamiliar places, I prepare the way by affirming and giving thanks that God goes before me, erasing tenseness or fear of the new or strange, blessing me and making me a blessing wherever I go, wherever I find myself.

And even in the regular and familiar routine of every day, I am kept calm and poised.

*Behold, I send my messenger . . .
Who shall prepare thy way.*

—MARK 1:2.

Sunday

NOVEMBER 22

I FIND NEW JOY IN LIVING, BY GIVING, GIVING, GIVING.

DOES SOMEONE need a word of encouragement? I can speak that word. Does someone need an understanding heart? I have an understanding heart. Does someone need a smile? I will share a smile. Does someone need a prayer? I will pray a prayer.

I may not have felt that I have much to give, but when I carefully consider what people really need and desire, I realize that I have much to share with others.

I can speak a word of encouragement, because I know that within me and within each person is the source of all courage. I can give of understanding, because I know that my heart is a part of God's heart—as your heart is a part of God's heart—and it is an understanding heart. I can share a smile, because I know that the joy of the Lord is the strength of His children. I can pray a prayer because I am in constant communion with God, and I know He is constantly aware of and fulfilling the needs of those who let Him give Himself to them.

♣ *Give, and it shall be given unto you.*—LUKE 6:38.

I SEE WITH THE EYES OF SPIRIT.

GOD BLESSES my eyes as I realize that I see with the eyes of Spirit. Wherever my glance falls this day, I see God's handiwork and rejoice in it. The faces that I look on radiate the presence of the indwelling Spirit of God, the Christ presence. My surroundings out-picture the beauty and the reality of God as I look at them through the eyes of Spirit.

Using my eyes in this way, I find that I am giving my eyes a healing treatment. As my eyes of Spirit are strengthened through prayer and watchfulness, my physical eyes become strengthened and they see with ease and clarity. My vision is perfect.

I lift my eyes to the high places. I do not let myself dwell on things that are not in keeping with the perfection of God's creation. I see complete order, ever-renewing life, infinite substance, and all things in their right and proper relationship to all other things. I recognize the divine in all that I see. My world is filled with God's love, and I see His love in expression.

♣ *Blessed are your eyes, for they see.*—MATT. 13:16.

Tuesday

NOVEMBER 24

I BELIEVE THAT ALL GOOD THINGS ARE
POSSIBLE.

MAN HAS labeled things "impossible" for too many centuries. We know that there is universal power in a tiny atom and we know that there is the power of the Infinite in us. Every discovery that has shattered the delusion of the word *impossible* has come from the inspiration in the heart of a believing man. When we believe in the power of the Infinite, we believe that all good things are possible.

As we keep faith in this power of the Infinite, which dwells within us, we find that the impossible is possible. It is possible to be healed. It is possible to have peace of mind. It is possible to have all of our temporal needs cared for. It is possible to have mastery over our thoughts, our feelings, and our words. It is possible to be the person God created us to be when He made us in His image and after His likeness.

Let us give thanks for the unwavering belief that we can express God's goodness and that we can let His wonder-working power use us.

♣ *All things are possible to him that believeth.*—MARK 9:23.

Wednesday

I AM SAFE BY NIGHT AND BY DAY. GOD WATCHES OVER ME AND GUIDES MY WAY.

GOD IS protecting me. I place myself in His charge and under His law of harmony and order. Because I do this, I can rest in the knowledge that my way will be safe and secure.

If I am walking, there can be no misstep. His presence, within and around me, keeps my feet from slipping, makes me alert, careful, and wise.

If I am driving or riding in a car, I know that His hand is on the wheel. He regulates the speed and direction of the vehicle. He is in control.

If I am in an airplane or a boat, I know that underneath me are His everlasting arms. He upholds me. His intelligence directs those who are responsible, and all is well.

Because God is protecting me and bearing me up, I never fear chaotic or disastrous situations. I never meet careless or thoughtless people. I keep myself centered in the thought that "I am safe by night and by day. God watches over me and guides my way."

♣ *He will give his angels charge over thee.—PSALMS 91:11.*

Thursday

NOVEMBER 26

THANK YOU, FATHER.

I PRAY with the Psalmist: "That I may make the voice of thanksgiving to be heard." The poet writes a poem, the singer sings a song, the artist paints a picture, the minister delivers a sermon, the housewife tends a family, that his or her voice of thanksgiving may be heard. Thus each one finds a natural, rewarding way to make known a thankful heart.

No matter how a person chooses to express gratitude, there is a way of giving thanks that is open to him; it is the way of thankful prayer.

It is good to remember that we can turn to God simply and lovingly, and say, "Thank You, Father," knowing that He immediately hears and understands the spirit in which we offer our sincere gratitude. It does not matter what we thank Him for. It may be something large or something small, it may be one blessing or numerous blessings. But it is important that we express our thanks, it is important that we say, "Thank You, Father." For thanksgiving is a two-way thoroughfare, bringing man to God and God to man.

♣ *That I may make the voice of thanksgiving to be heard.*—PSALMS 26:7.

Friday

I KNOW EXACTLY WHAT TO DO IN EVERY SITUATION, BECAUSE I FOLLOW GOD'S GUIDANCE.

GOD SPEAKS to me through my own inner knowing of that which is right for me. Before I make any decision in my personal affairs, or in my business affairs, I turn within in prayer and I ask for right answers. Before I decide on merchandise to be purchased, I turn within in prayer so that I may choose wisely.

If another person speaks to me in a manner that could call forth a sharp rebuke or an angry retort, I do not answer until I first turn to the Spirit of God within me. I let God's love and good judgment help me to maintain a right attitude and make a happy choice in my words.

I do not look forward with fear or consternation to future decisions that I will need to make. In the right way, at the right time, God will help me to know exactly what to do in every situation.

God speaks to me through my own inner knowing. As I follow God's guidance, I am led to choose paths of peace and ways of happiness.

♣ *The Comforter, even the Holy Spirit . . . he shall teach you all things.—JOHN 14:26.*

Saturday

NOVEMBER 28

I FEEL THE WONDERFUL LIFE OF GOD FLOWING THROUGH ME NOW.

THERE IS only one life, God life. I live in this life; it is the substance of my body; it is the life of every cell.

I think about the wonderful life of God within me. I know that I can trust this life to keep my body temple in perfect health and safety. I know that God's life is a continually renewing, restoring, re-creating process, and that it transforms and blesses, heals and restores in a most perfect way.

I open my mind and heart to the healing flow of God's life. I clear away any obstruction of thought or feeling or belief in anything less than life by quietly and persistently affirming God's life. I know that God does the healing work, that I am the channel through which His life flows. I relax and rest in this realization.

I know that I live in God, that His life is flowing through me in all its radiant strength and perfection. I trust the life of God to do its perfect work now.

♣ *And he showed me a river of water of life.*—REV. 22:1.

Sunday

I HOLD TO THE IDEA OF DIVINE ORDER IN
MIND, BODY, AND AFFAIRS.

I SPEAK the word of divine order for all my affairs. I affirm that a spirit of order and right prevails in all the conditions and circumstances of my life. I know that confusion or doubt are not of God. With God's help and through the power of His Spirit working in and through me I can set all things right in my life. I can resolve every problem. I can create balance and harmony in the circumstances around me.

I think, too, of divine order in connection with my body. I praise the spirit of divine order that keeps the functions of my body operating smoothly, the divine order that regulates the inflow and outflow of breath and life, that blesses and perfects every part, every cell.

As I hold to the idea of divine order in mind, body, and affairs, I put myself in tune with it. I see how mind, body, and affairs are interdependent. Divine order permeates all the phases of my life and being as I get a clear realization of it.

In faith I hold to the idea of divine order in mind, body, and affairs.

♣ *Hold the pattern of sound words.*—II TIM. 1:13.

Monday

NOVEMBER 30

THE STEADFAST LOVE OF GOD STRENGTHENS,
PROTECTS, AND GUIDES ME AT ALL TIMES
AND IN ALL PLACES.

THE STEADFAST love of God is my strength. I am filled with the realization that God's love sustains and upholds me. My body is blessed with God's loving presence, and I relax as He tenderly cares for all its needs.

The steadfast love of God is my protection. In the power of God's love I dwell securely and all anxieties are dispelled. I remain calm, poised, and confident, whatever the situation, assured that God gives me adequate courage and faith to meet life's challenges.

The steadfast love of God is my guide. As I learn to quiet my thoughts and turn with love and reverence to the Spirit of God within me, I enter a peaceful haven in my soul. There I rest content, abiding with the Lord of my being. I am receptive to His voice and listen eagerly to the words of wisdom and instruction He speaks to me.

Now filled with new inspiration, I go forth to fulfill His will.

♣ *His steadfast love endures for ever.*—PSALMS 136:1 (R.S.V.).

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LORD, I GIVE THANKS

For the blessings I usually forget to give thanks for;

For the people who make my way of life possible, all those who provide me with the civilized things I take for granted;

For the fact that the world is so beautiful;

For the fact that life is always new;

For my senses which enable me to communicate with others and to be part of the world;

For my power to think and power to feel;

For liking companions and liking being alone;

For liking to work;

For the privilege of teaching others though I have not yet perfected myself;

For being slow to condemn, quick to forgive;

For the fact that water tastes so good when I am thirsty and food when I am hungry;

For challenges;

For the fact that all of my needs are met and some of my desires;

For prayer;

For awareness that You are and faith that You are love;

For a world where blessings seem such a natural state of things I rarely think to give thanks for them.

James Dillet Freeman

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